

GROUP EXERCISE

J. Smith Young YMCA

August 2026

All water fitness classes will resume inside beginning Friday, August 7th

Monday				
Time	Class	Location	Instructor	
8:00 am	CSF	Group Ex Studio	Katherine	8.3 Video Led 8.10 Video Led
9:00 am	Y fit (upper body)	Group Ex Studio	Dawn	8.3 Nicole 8.10 Nicole
9:00 am	Water Fitness 	Indoor Pool	Kathy	
9:00 am	Pickleball	Gym-back courts	member-led	
10:00 am	Water Fitness 	Indoor Pool	Lorene/ Evelina	8.3 & 8.10 Lorene 8.17, 8.24, & 8.31 Evelina
10:15 am	Silver Sneakers Classic 	Event Center	Kathy	
12:05 pm	Power Cut	Group Ex Studio	Tiffany	
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
5:05pm	Body Pump	Group Ex Studio	Heather	8.10 Stephanie 8.31 Stephanie
6:00 pm	Mixxed Fit	Group Ex Studio	Artina	
Tuesday				
5:15 am	TRX/Strength Stations	TRX room	Brooke	8.4 Caroline
9:00 am	Barre-strength	Group Ex Studio	Stephanie	
9:00 am	Y Fit (lower body)	Group Ex Studio	Dawn	8.4 Video Led
9:00 am	Deep Water Fitness	OUTDOOR POOL UNTIL 8.4	Rotates	8.4 & 8.11 Self Taught 8.18 & 8.25 Evelina
10:00 am	Water Fitness 	OUTDOOR POOL UNTIL 8.4	Kathy	
10:00 am	Silver Sneakers Classic 	Event Center	Shannon	8.11 TBD
11:00am	Chair Yoga 	Event Center	Allen	8.25 Kimberly
1:00 pm	Line Dancing 	Group Ex Studio	Sharon	
6:00 pm	Zumba®	Group Ex Studio	Pam	
6:00 pm	Mat Pilates	Mind and Body Studio	Maddie and Caroline	8.4 Caroline 8.11 Maddie 8.18 Maddie 8.25 Maddie/Caroline
Wednesday				
5:30 am	Cycle	Cycle room	Brooke	8.5 Video Led
8:00 am	CSF	Group Ex Studio	Katherine	8.5 Video Led
9:00 am	Cycle	Cycle room	Beth	
9:00 am	Pickleball	Gym back-courts	member-led	
9:00 am	Water Fitness 	Indoor pool	Kathy	
9:05 am	Y Grit	Group Ex Studio	Stephanie and Nicole	
10:05 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	
10:00 am	Water Fitness 	Indoor Pool	Kathy/Evelina	8.5 & 8.12 Kathy 8.19 & 8.26 Evelina

Please see other side of the schedule for additional classes. Comments/Questions: caroline@lexingtonymca.com

11:15 am	Zumba Gold 	Event Center	Sam	***New Class***
5:30 pm	Aqua Zumba 	OUTDOOR POOL UNTIL 8.5	Pam/ Barbi	
5:30 pm	Yoga- Deep Stretch and Restore	Mind/Body Studio	Ellen	

Thursday				
5:15 am	Bootcamp	Outdoors/Basketball Gym	Brooke	8.6 Caroline
9:00 am	Deep Water Fitness	OUTDOOR POOL UNTIL 8.6	Rotates	8.6 & 8.13 Self Taught 8.20 & 8.27 Evelina
9:00am	Core and Cardio	Group Exercise Studio	Dawn	8.6 Nicole
9:00 am	Pilates/ Barre	Mind and Body Studio	Maddie/Stephanie	8.6 Stephanie 8.13 Maddie 8.20 TBD 8.27 TBD
10:00 am	Silver Sneakers Classic 	Event Center	Shannon	8.13 Beth
10:00 am	Intro to Water Fitness 	OUTDOOR POOL UNTIL 8.6	Kathy/Evelina	8.6 & 8.13 Kathy 8.20 & 8.27 Evelina
11:30 am	Chair Strength	Event Center	Evelina	8.6 Kimberly 8.13 Kimberly
5:05 pm	Les Mills - Body Pump™	Group Ex Studio	Heather	
6:00 pm	Zumba Toning®	Group Ex Studio	Pam	
6:00 pm	Yoga	Mind and Body Studio	Danielle	
Friday				
5:30am	Sculpt/Strength	Group Ex Studio	Brooke	8.7 Caroline
7:30am	Alignment Yoga	Mind and Body Studio	Tomas	
8:00 am	CSF	Group Ex Studio	Katherine	8.7 Video Led
9:00 am	Full Body Shred	Group Ex Studio	Dawn	8.7 Nicole
9:00 am	Pilates/HIIT	Mind & Body Studio	Stephanie	
9:00 am	Deep Water Fitness	Indoor Pool	Rotates	8.7 & 8.14 Self Taught 8.21 & 8.28 Evelina
9:00 am	Pickleball	Gym-back court	member-led	
10:00 am	Silver Sneakers BOOM MUSCLE 	Event Center	Beth	
10:00 am	Water Fitness 	Indoor Pool	Kathy	
12:00 pm	Silver Sneakers Classic 	Event Center	Kimberly	***New Class Time***
Saturday				
9:15 am	Saturday Sizzler	Group Ex Studio	Rotates	8.1 Body Pump with Heather 8.8 Yoga/Pilates with Whitney 8.15 BodyPump with Heather 8.22 Mixxed Fit with Artina 8.29 Yoga/ Pilates with Whitney
10:00 am	Senior Fit	Event Center	Allen	8.29 Evelina
10:00 am	Water Aerobics 	Indoor Pool	Rotates	8.1 Aqua Zumba with Pam 8.8 Water Fitness with Lorene 8.15 Aqua Zumba with Pam 8.22 Aqua Zumba with Pam 8.29 Water Fitness with Lorene

Please Note Classes are subject to change due to demand, participation & instructor availability. For your safety, it is recommended that you consult your physician prior to starting any exercise program. All classes averaging less than five (5) participants per class are subject to change or cancellation.

Please see other side of the schedule for additional classes. Comments/Questions: caroline@lexingtonymca.com

Evidence Based Health Intervention Exercise Classes

EP is a program that integrates the best research evidence, clinical expertise, and patient values to develop an exercise program for active older adults. These classes fill up quickly and require a small registration fee. Please register online or at the front desk.